

Thank you for
helping us do
MORE!

A special thanks to our partners for their willingness to collaborate with us,
and in many cases, guide us on substance abuse prevention projects.

- ACES- Clark College
- Clark County Youth House
- Clark County Sheriff's Office
- Clark County Juvenile Recovery Court
- PREVENT! Substance Abuse Coalition of Clark County
- State Farm
- Vancouver Parks and Recreation
- Washington State Legislators
- Washington State Division of Behavioral Health and Recovery (DBHR)
- YWCA of Clark County

For more information about STASHA Peer Education, please contact:

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360.397.2130 ext. 5841 Fax: 360.397.2164

Annual Report

2012-13

STASHA (stay-shuh):

STRONG TEENS AGAINST SUBSTANCE HAZARDS AND ABUSE



A Program of Clark County Dept. of Community Services, Youth House

What We Do

Our mission is to help prevent substance use and encourage Clark County youth to make healthy decisions through non-judgmental youth-to-youth advice and/or suggestions.

STASHA is a non-judgmental group made up of youth from the ages of 12-19 who work to prevent substance abuse among their peers and within their community, using their own words and in their own way.

The young people in this program seek to represent the diverse geographic regions and populations of the county. This group is comprised of youth who have never used drugs and alcohol, youth with past experimentation/use, and youth who have completed treatment and are now in recovery. Youth are appointed to a one year term (September-June). Youth can choose to continue their position up until the end of their first year of college (if attending school locally).

The group meets the first and third Mondays of each month from 6-8 PM at the Clark County Youth House. In order to successfully carry out the project ideas, the group also meets for sub-committee meetings. Peer Educators typically volunteer about 4-8 hours each month.



What do STASHA peer educators do?

Audrey

"I think Clark County needs a program like this because it allows a youth voice. This youth voice is able to bring a new perspective on things happening in our community. We are able to also reach out to the other youth in our community."

J.Tyler

"Clark County needs this program because it allows youth to get involved, build skills, create positive associations, and bonds."

Youth Voice

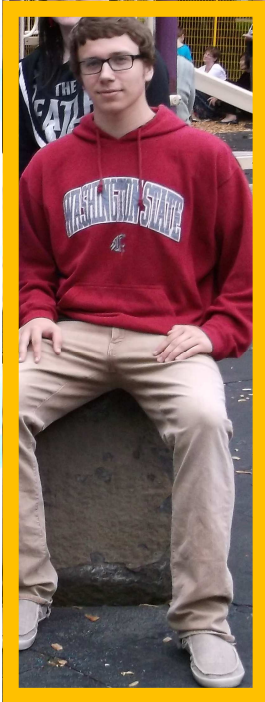
Patrick

"Clark County needs this program because a lot of the youth are still unaware of the problems that this county faces and being a group of youth it lets other youth know that it's fine to be clean and much better as well."

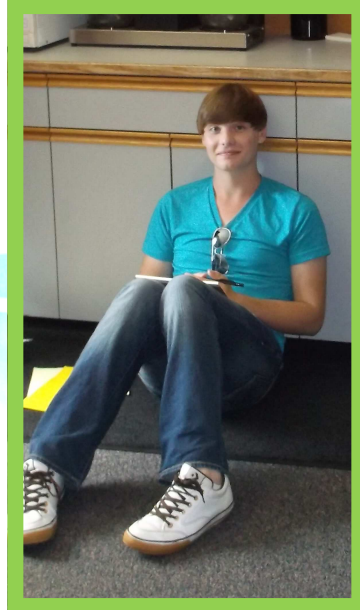
Cara

"It brings perspective from various youth in different areas to weigh in on prevention efforts. STASHA has given me a new skill set that I can use throughout my life. It helped me prepare for various situations where I need to be professional."

Graduating Seniors



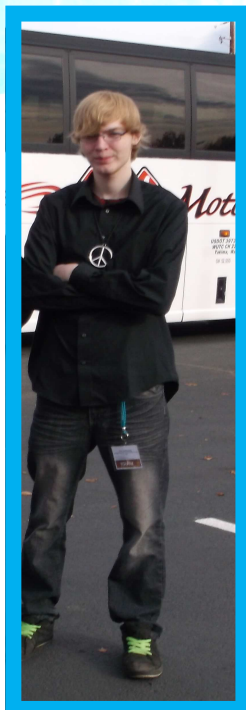
Keegan Ashby has been a member of STASHA for one year. Through STASHA, he has dedicated 41.5 volunteer hours to substance abuse prevention in Clark County. Keegan graduated from Skyview High School and will be attending Clark College next year. The STASHA program is lucky to have Keegan remain in the program during his last year of eligibility as a college freshman!



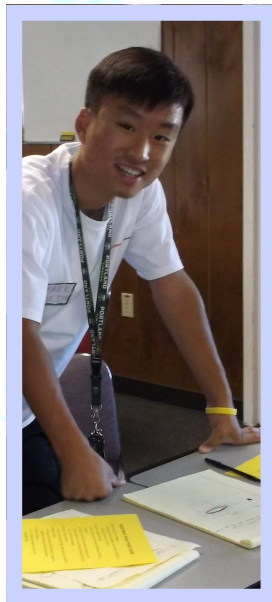
Jaycob Bailey was a member of STASHA for five years. Through STASHA, he has dedicated 478 volunteer hours to substance abuse prevention in Clark County. He plans on moving to (or near) a Deaf community to gain the fluency he needs in order to become an interpreter for ASL.



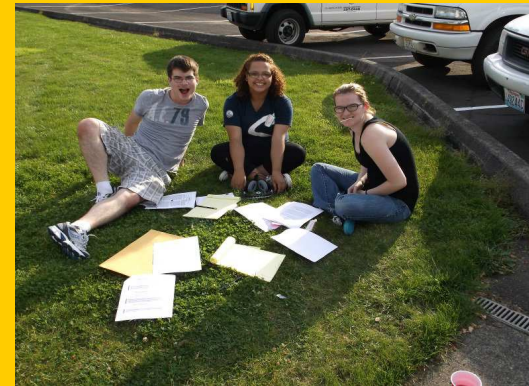
J. Tyler Cawthon was a member of STASHA for five years. Through STASHA, she has dedicated 495 volunteer hours to substance abuse prevention in Clark County. J. Tyler graduated from Vancouver School of Arts and Academics and will be attending Central Washington University.



Kris Malmberg was a member of STASHA for five years. Through STASHA, he has dedicated 387.5 volunteer hours to substance abuse prevention in Clark County. Kris graduated from Hudson's Bay High School and is taking a year off before attending a culinary arts school.



Mark Kim was a member of STASHA for one year. Through STASHA, he has dedicated 58.5 volunteer hours to substance abuse prevention in Clark County. Mark graduated from Union High School and will be attending University of Washington in the fall.



Promote awareness through outreach and educational programs, while serving as a resource for his/her peers at school and/or one-on-one.

Advise various community groups on how to best address substance abuse at a community level.

Support programs and policies that minimize substance abuse and encourage youth to pursue positive behavior changes and participate in a healthier Clark County.

STASHA's work is rooted in the Risk and Protective Factors Theory developed by Hawkins and Catalano (1992). According to this theory, an initial step is to both identify the factors that increase the risk for a given problem, and the factors that buffer (protect) individuals from the risk factors.

The STASHA Peer Education Program seeks to impact the following risk factors:

- Attitudes, norms or laws favorable to substance use
- Low neighborhood and community attachment
- Friends and/or self engaging in substance use

STASHA's efforts address these risk factors with the following protective factors:

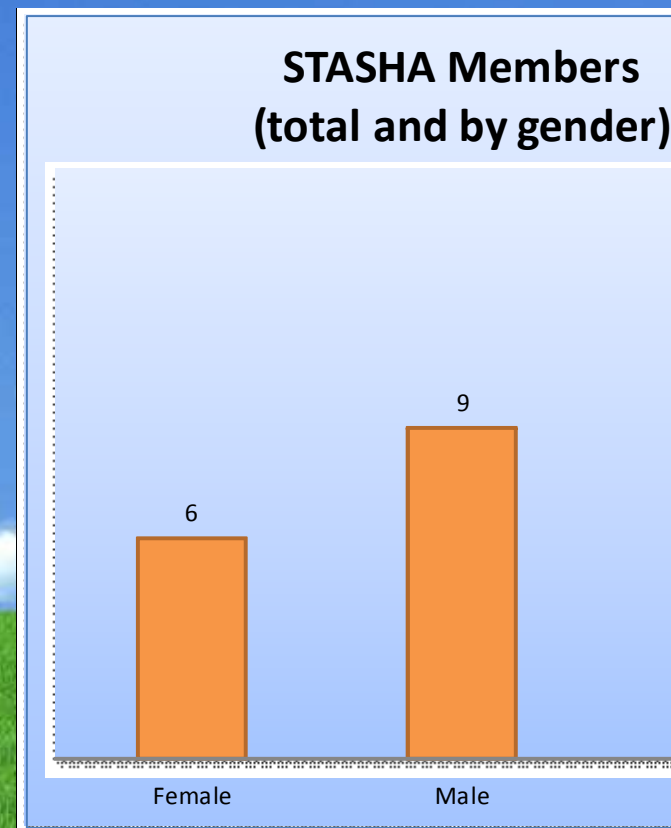
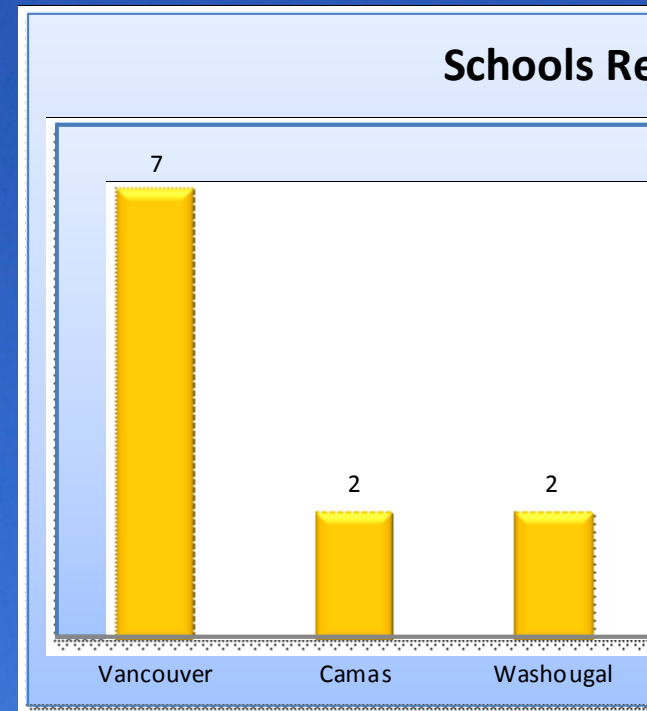
- Healthy beliefs and standards: Develop and support clear standards about substance abuse
- Bonding: Increase opportunities for bonding among peers, adults and the community
- Create healthy communities: Promote activities for citizens to engage in a healthy community

Who We Are

STASHA membership is diverse by gender, sexuality, age, school, ethnicity and drug experience. Peer Educators see the issue of substance abuse and prevention from many different perspectives allowing them to reach out and appeal to different groups more effectively.

We continue to strive to have member representation from each school district in Clark County. Our outreach and recruitment efforts support this mission as we build relationships within all parts of the County.

STASHA members do not receive payment or a stipend for their hours of service to the county. They generously give their time because they are passionate about prevention. STASHA members volunteer between 4-8 hours each month working on projects that seek to reduce substance abuse in Clark County. Collectively, the group donated 992.5 hours over the 2012-13 year (June 2012-July 2013), which has a volunteer value of \$22,519.83 (Independentsector.org).

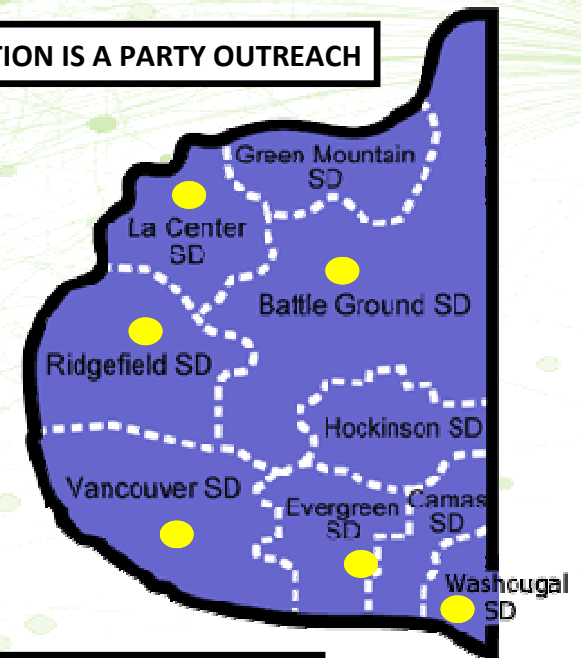


PREVENTION IS A PARTY!

(April 2013)

STASHA hosted their second annual PREVENTION IS A PARTY! event. This event is offered to all Clark County middle and high school students and is held on April 20th, a day that is commonly associated with marijuana use. To identify a need for this event, STASHA developed and conducted interview questions with their peers in Clark County. They learned that their peers associate April 20th with marijuana use and that they see the “4/20 holiday” promoted through word of mouth, internet, radio and graffiti. STASHA wants to provide Clark County youth with a fun, positive and drug free event on this day. This free event included the following: dancing with a live D.J., swimming, volleyball, basketball, video games, table games and prevention themed games and prizes. STASHA designed the posters, bracelets, and giveaway bags. They wrote donation letters, selected the location of the event and assisted with promotion. The youth in this program also developed interview questions and conducted video interviews with event participants. In addition to the STASHA members, there were 16 community volunteers at this event. One hundred youth were in attendance ranging from 6th grade to 12th grade, with representation from 38 different schools and programs in Clark County.

PREVENTION IS A PARTY OUTREACH



School Districts in Attendance

PREVENTION IS A PARTY!

WHAT: STASHA (STRONG TEENS AGAINST SUBSTANCE HAZARDS AND ABUSE) IS HOSTING A DRUG AND ALCOHOL FREE PARTY. JOIN US FOR LOTS OF GOOD, CLEAN FUN!

WHEN: SATURDAY, APRIL 20TH FROM 8:00PM-11:00PM

WHO: MIDDLE AND HIGH SCHOOL STUDENTS

WHERE: MARSHALL COMMUNITY CENTER, 1009 E. MCLOUGHLIN BLVD. VANCOUVER, WA 98663

FOOD: FREE!

OPEN GYM! LIVE DJ! VIDEO GAMES! SWIMMING! DANCING!

FOR MORE INFORMATION CONTACT:
TIFFANY.SCHWETTERMAN@CLARK.WA.GOV 360-397-2130 EXT. 5841
THIS IS NOT A SCHOOL DISTRICT SPONSORED EVENT

2012-13 STASHA QUOTE

“Clark County needs STASHA because we as a group are giving a new positive meaning to the number 4/20 with our party we will hopefully have every year.”

~Kris, STASHA Volunteer

Year in Review (Continued)

PRESCRIPTION DRUG

TAKE-BACK

(September 2012 & APRIL 2013)

STASHA Peer Educators helped out at the Prescription Drug Take-Back event held at Clark College. The event was part of a national effort sponsored by the Drug Enforcement Administration.



**National Prescription Drug Take Back Initiative**

Have **out-of-date** or **unused** medications?



Take them to Clark College's Purple Parking Lot #1 (by the soccer field), 1900 Fort Vancouver Way, Vancouver, on **Saturday, April 27, 2013**, between 10 A.M. and 2 P.M. We will safely dispose of them.



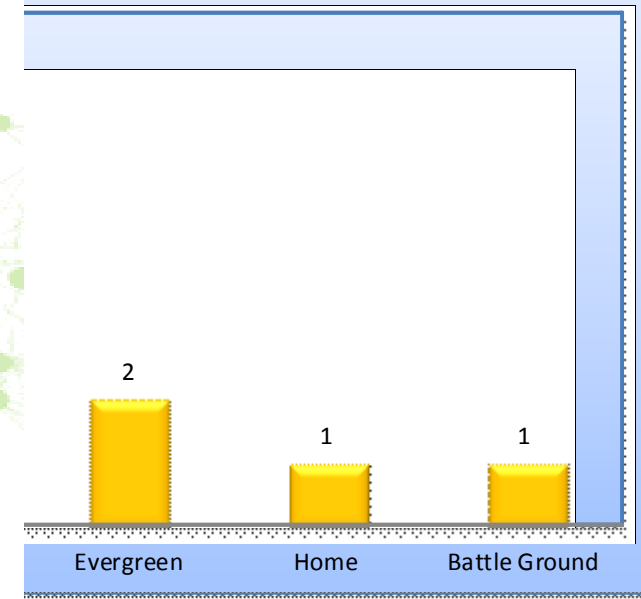
For more information please visit www.rxreturnclarkcounty.org or call 360-397-2121 ext. 4352

Safe & Secure Rx Disposal

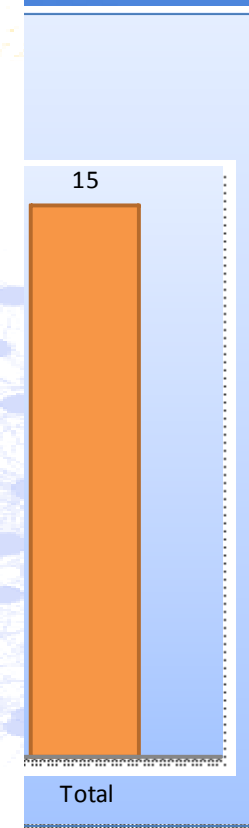
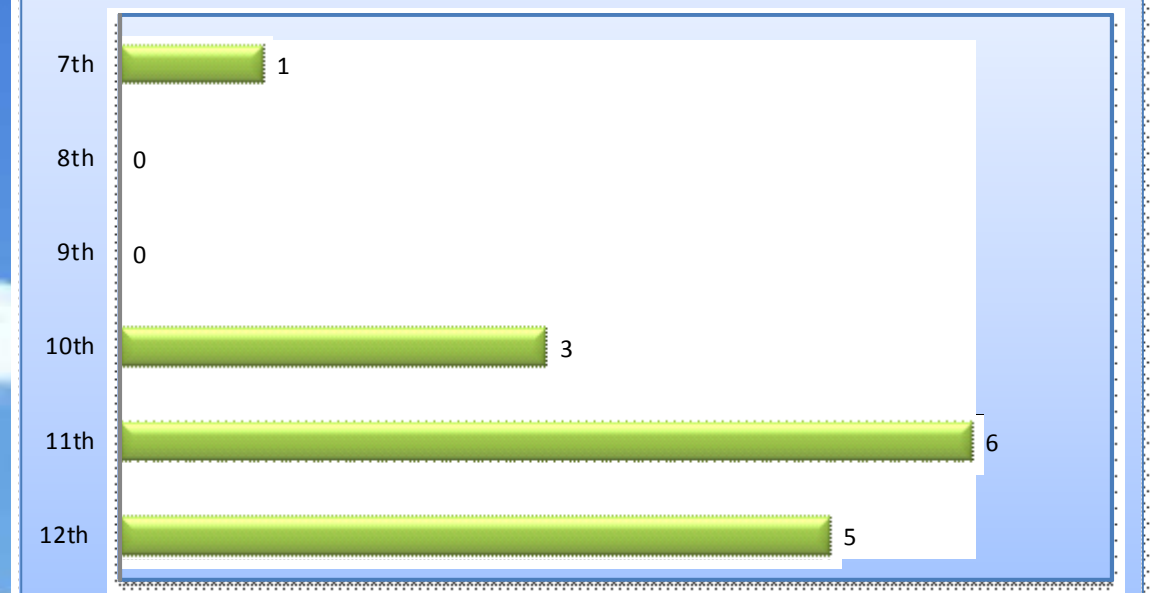
This event/activity is not sponsored or endorsed by the Vancouver Public Schools

Locally, this event was hosted by the Clark County Sheriff's office, Clark County Environmental Services and the PREVENT! Coalition. Community members dropped off unwanted prescription medications, completed a quick survey, and Prescription Drug Take -Back hosts shared information about the current drug take-back programs available in Clark County. At these events, a total of 1,849 pounds of medication was dropped off and collected.

Represented



Grades Represented





FALL TRAINING (September 2012)

Over the course of two days, new and returning members participate in an 18-hour training. Offering this training ensures that STASHA Peer Educators have the opportunity to build group cohesiveness, begin visioning for the upcoming year, generate ground rules and norms, identify prevention strategies, build a common prevention education foundation, and have fun together. Staff from the Youth House support the training and often teach workshop sessions. This is the first opportunity for the group to work together as a team and get energized about the upcoming year. It is fun, challenging, informative and exhilarating! STASHA Peer Educators develop a strong understanding and connection with what it means to be a part of community change.



ABOVE THE INFLUENCE PANEL (SEPTEMBER 2012)

PREVENT! hosted an “Above the Influence” teen panel at Mountain View High School. The panel consisted of youth who have never used drugs and alcohol, youth with past experimentation/use, and youth who have completed treatment and are now in recovery. Two STASHA members were panel members and shared with the audience why they choose to live above the influence, and how they are able to continue to make healthy choices.

STASHA Article Published in Vancouver School of Arts and Academics Newspaper

Teens and Alcohol

Washington has a zero tolerance law when it comes to teens and drinking. So when you take that first sip you are risking more than just getting wasted that night. If one is in the dawn of their teenage years, which is from 13-17 years of age, they can lose their license if they have any alcohol charge for a year or until they are 17 whichever is longer. If the underage drinker is over the age 17, but under 21, and gets caught with a Blood Alcohol Content (BAC) of 0.02-0.07 percent their license will be revoked for ninety days; if the underage drinker is caught a second time their license is revoked until they are of age twenty-one (“Teens and the Law”).

Something that teens may not realize when they are on the roads sober, their own lives and the lives of everyone around them could be affected. On any given weekend one in ten drivers on the road has been drinking, and every twenty two minutes someone dies from a motor vehicle accident that is alcohol related (“Teenage Drunk Driving”).

The development of the brain isn’t finished until the mid-twenties, and with early drinking this development can be damaged. According to the Liquor Control Board site “Much of brain functioning is a chemical balancing act, so changing the chemicals in the brain with alcohol or other drugs affects how the brain receives, sends, and processes information”. If drinking is introduced: learning and memory can be impaired making adolescent drinkers perform worse in school; their sleep cycle is disrupted; drinking could damage the part of the brain that controls reasoning, planning and judgment which is still developing throughout the teen years; environmental risks for teens increases with the effect that alcohol has on coordination, hand-eye movement, speech, and emotional control; binge drinking is especially dangerous because the teen brain is more prone to damage (“The Teen Brain”).

Besides affecting the brain, alcohol also affects the body. Over a prolonged period of time alcohol can damage every organ in your body. When alcohol is consumed, it is absorbed directly into the bloodstream and your risk of being affected by life threatening diseases, including cancer, is much greater (“Just for Teens”).

"Just for Teens." *Just for Teens* | Washington State Liquor Control Board. Washington Liquor Control Board, 2010. Web. 08 Apr. 2013.

"The Teen Brain." *The Teen Brain* | Washington State Liquor Control Board. Washington Liquor Control Board, 2010. Web. 08 Apr. 2013.

"Teenage Drunk Driving." *Teenage Drunk Driving*. First Eagle Insurance Services, n.d. Web. 08 Apr. 2013.

"Teens and the Law." *Teens and the Law* | Washington State Liquor Control Board. N.p., 2010. Web. 08 Apr. 2013

Year in Review (Continued)

STATE FARM GRANT (SPRING, 2013)

STASHA received a \$500 grant from State Farm for successfully completing the following action steps:

- Develop a brochure or flyer that describes the dangers of teen alcohol use. Hand out 100 of these brochures to other students and/or community members.
- Develop a commitment poster (or banner) – have 100 students sign the poster where they make a commitment to not drink alcohol (or similar message).
- Write an article about the dangers of alcohol use by teens (or similar theme); and submit to your school newspaper.
- Develop two large banners. The first one says “Draw the Line Between Youth and Alcohol.” The second one says: “Honk if You Agree.” Hold these banners in a visible location where passing motorists can see them (for a minimum of one hour).
- Write a speech, song or poem about alcohol and present it to your class.

When State Farm received the recording of “Don’t Drink and Drive” written and performed by STASHA members Maresa Miranda and Peau Porotesano, they sent the following message:

“I am just shocked at how good this is...This is the greatest thing to come out of the State Farm \$500 grant project and the competition wasn't small!”

– Jonna VanDyk, State Farm



PREVENTION SUMMIT (November 2012)

Washington State Division of Behavioral Health and Recovery (DBHR) hosts a state-wide prevention summit each fall, offering workshops to youth and adults on current and relevant prevention work. For STASHA, the conference is an opportunity to witness large groups of teens excited about and dedicated to prevention. It is an incredible motivator and support to be surrounded by hundreds of teens who share the same passion about substance abuse prevention.

STASHA members enjoy the workshops, speakers, service learning project and the opportunity to network with youth across the state. STASHA participated in a service learning project at the historic Yakima Valley Trolleys which is on the National Register of Historic Places. STASHA members worked with the community to help maintain the railroad system. At the Summit, STASHA also attended workshops entitled: “Creating Epic Change: Developing Effective Strategic Plans,” “Presentation Planning: Get the Tools and Confidence to Present your Project,” and more. These workshops proved to be beneficial as STASHA members applied the information throughout the year.



WLCB MEETING WITH PREVENTION COMMUNITY (FEBRUARY 2013)

The Washington State Liquor Control Board (WLCB) held a meeting with the Prevention Community to discuss I-502 Implementation. Prior to this meeting, STASHA researched I-502 and developed a list of concerns that were shared with the board.

- We feel that the details should have been figured out before the decriminalization of marijuana.
- The laws need to be clear, well known and enforced.
- We feel that the marijuana consequences for minors should be similar to alcohol.
- We are concerned about the harmful effects of marijuana on youth.
- We are concerned that marijuana infused products will be especially appealing to youth.
- Licensing and fees associated with producers and retailers need to be specific and strict.
- We are especially concerned about the placement of retailers near youth and family friendly locations.

7 Year in Review (Continued)

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POLICY MAKERS EDUCATION DAY, PMED (January 2013)

A Thurston county based organization called “TOGETHER!,” coordinates this day of service that connects youth with their state legislators. Brief meetings are scheduled between youth groups and lawmakers to discuss substance use/abuse related legislation, and to talk about youth prevention efforts in Clark County. The theme for this year was “Build a Healthy Future Now.” STASHA chose to focus on synthetic marijuana abuse among youth in Clark County. STASHA spoke with their legislators about their concern that more people they know are using synthetic marijuana. In addition, STASHA is concerned that as the perceived risk of marijuana decreases, so will the perceived risk of synthetic marijuana. STASHA also attended a rally in the rotunda where they gathered with youth prevention teams from around the state.

